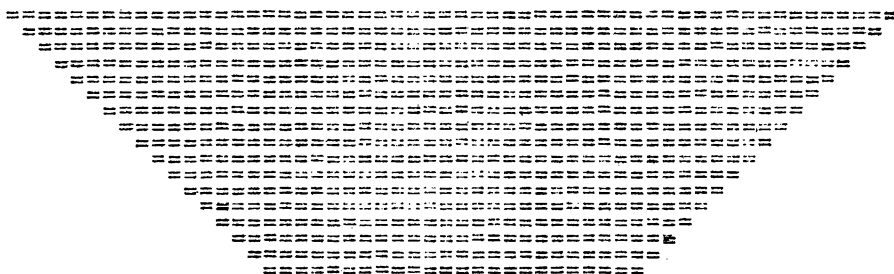


VICTORIAN  
MARATHON  
CLUB



PRICE  
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FIXTURESFIXTURESFIXTURES

Dec. 1 VMC 8km - Women & U/17km. Two Bridges Course. 6.30.p.m. B.B.Q.  
 Dec. 14 (Tues) VMC Emil Zatopek 10,000m. C & D Divisions. OLYMPIC PARK. 6.30.p.m.  
 Dec. 15 (Wed.) VMC Emil Zatopek 10,000m. B Division. Women 3000.0.PARK. (Spec.Meet.)  
 Dec. 16 (Thur) VMC Emil Zatopek 10,000m. A Division. MASTERS MILE. OL.PARK(Spec.Meet)

NOTE: Emil Zatopek entries are restricted to VMC MEMBERS ONLY in B. C. & D.

Cut-off Times are: A - 30.30 for 10,000 and 14.30 for 5000, achieved since 1/4/75.

B - 33.30 for 10,000 and 15.30 for 5000, achieved since 1/4/75.

C - 37.00 for 10,000 and 17.00 for 5000, achieved since 1/4/75.

Non-Members of the VMC may be permitted to run in the A Division, provided that they have reached a minimum standard of 30.00 & 14.00 respectively since 1/4/75.

ALL ENTRIES must be in the hands of the Asst. Secretary (Competition) Fred Lester, 1 Golding St., Canterbury, 3126, by SATURDAY DECEMBER 4th. The Race Fee of 50¢ is to be paid as you report in for your lap sheet and number at least half an hour before starting time. The onus is on you to provide a person competent to score for you. Please indicate on your entry for either the E.Z. 10,000 or the Masters Mile your best time in these events over the last 18 months,

Dec. 31 (Frid.) VMC Midnight Run. Two Bridges Course. B.B.Q. in Alexandra Avenue.

Jan. 4 (Tues.) VMC 'Run-for-your-supper & B.B.Q. Edithvale Track. 6.00.p.m.

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 PROPOSED WINTER FIXTURES FOR 1977. VMC RACES

Apr. 11 (Easter Monday) 16km. Princes Park - 4 Miles Women & U/17. 2.30.p.m.

Apr. 25 (Monday) 12km "Fallen Comrades" - 4km Women & U/17. 2.30.p.m.

May 7 VMC 30km. Tullamarine - 10km Women & U/17. 1.30.p.m.

May 21 (or 28) VMC 15km Open, 5km Women & U/17 - Albert Park - 2.30.p.m.

June 12 (Sunday) VMC Marathon & Mini-Marathon & Dinner-Dance - Tyabb. 1.00.p.m.

July 16 (or 23) VMC 20km - venue to be decided. 2.30.p.m.

Sept. 3 VMC 30km - King of the Mountains. Point Leo. 1.30.p.m.

-----  
 In addition we are intending to assist in the organisation of a 2 Hour Track Run in April and a 100km Road Run in July. We are asking Clubs to come forward with facilities available for such runs and for all interested people to get into touch with COLIN EATON, 65 GOLDSMITH AVENUE, NORTH RINGWOOD, 3134, as soon as possible.

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Your Secretary's Column.

Terry Hunter.

On behalf of the members of the Victorian Marathon Club I congratulate the runners who represented us in the Eclipse Marathon, Hamilton, New Zealand.

The team finished second by only 2 points, all of them were a credit to us and themselves before and after the Marathon, even the infamous "Bikie Gazley.

As a tree needs good sturdy roots to grow and flourish, so does high standard Cross Country need a good base. We, the ordinary runners are the soils and roots, that must be cultivated to produce this growth.

Australia is sending a team to the World Cross Country Titles in March 1977. BUT, unless they get the support they need, financially and morally, we will never become a force in International Cross Country.

We, the basis of the sport, can supply part of this support by donations to the fund. We cannot expect others to help us, unless we too are willing to help ourselves.

To quote Don, the groundsman, I ask YOU to "dig deep for Dusseldorf" and send a donation to either of the following:-

Dr. Frank Larkins,  
 10 Oxford Street,  
 MOUNT WAVERLEY. 3144.

I.A.A.F. Cross Country Fund,  
 V.A.A.A. Office  
 12 McKillop Street,  
 MELBOURNE. 3000.

P.S. PLEASE DO NOT SEND CASH THROUGH THE POST.

VENUE INFORMATION

TWO BRIDGES COURSE - At rear of Olympic Park, around river between Swan Street and Morell Bridges - 2000 metres circuit.

EDITHVALE (Chelsea Track) - Beach end of Springvale Road - 1 km. from the Edithvale Railway Station.

V.M.C. 12km FALLEN COMRADES - DOMAIN, 3/10/1976. Weather- mild, humid, fair breeze.

4km Starters					Hand.				
Finish	Name	Time	H'cp	Place	Finish	Name	Time	Hcp.	Place
1	Phil HAMER	38.00	.57	4	23	Charles AITKEN	44.08	---	--
2	Gerry SOFIANOS	38.52	Scr.	23	24	Alan SMITH	44.12	---	--
3	Rob WALLACE	39.38	---	--	25	Graham SMITH	44.12	5.45	E 18
4	Keith HYLANDS	39.51	---	--	26	Doug BOURNE	44.22	4.42	29
5	Steve MACAULEY	40.24	1.57	E 17	27	John CLARKE	45.03	5.36	26
6	Rob BROOKS	40.34	---	--	28	Dick HUTTON	45.06	7.02	12
7	Steve O'CONNOR	40.39	2.13	17	29	John McCONNELL(V)	45.12	6.33	20
8	Dave BURNES	40.44	3.50	3	30	Mike HALL	45.19	6.05	24
9	Bruce HOOLEY	40.50	1.12	28	31	Chris COUGHLAN	45.48	---	--
10	Brendan McVEIGH	40.54	---	--	32	Graeme QUICK	46.05	---	--
11	Silvio RADOSLOVIC	40.59	2.44	14	33	Robert ELLIS	46.22	8.13	13
12	Len LOVELESS	41.05	3.50	5	34	Paul PATTON	46.26	9.05	7
13	Don SIMPSON	41.33	3.09	E 15	35	Mike O'BRIEN	47.16	---	--
14	Colin EATON	41.49	3.01	22	36	Peter LOGAN	47.45	7.52	30
15	Bon RAYMEN	42.36	3.17	26	37	Merv BROWN	48.14	9.27	21
16	Bob MANDILE	42.44	4.51	11	38	Barry LYNCH	49.28	10.00	27
17	Geoff PRATT	42.49	---	--	39	Mal KIRKWOOD	50.57	9.38	31
18	John WOMERSLEY(V)	43.15	5.45	8	40	John BENCZE (V)	52.28	14.04	E 15
19	John BARRETT	43.28	5.36	10	41	Norm McLEISH (V)	53.40	16.51	V1 2
20	Dick BATCHELOR	43.36	5.55	9	42	John GRAHAM (V)	54.15	11.33	32
21	Geoff O'BRIEN	43.49	6.33	6	43	Peter BATTRICK	58.29	15.39	33
22	Jim CASEY	44.04	8.02	1	44	John HERBERT	58.36	---	--

4km JUNIOR - UNDER 17

1	Arthur KUTZ	13.34	4	Alex KUTZ	14.55
2	Evan BUTLER	13.50	5	Chris WOMERSLEY	28.15
3	Stan GALLAGHER	14.45			

V.M.C. 1 HOUR RUN & TRACK RACES, 10/10/1976. HUNTINGDALE. Weather, fine, cool, steady

Breeze.

1 HOUR RUN, 23 Starters

				10 mls					10 mls
1	Gerry SOFIANOS	18km	587m	51.56	E 9	Terry DAVIS	16km	624.3m	58.06
2	Matt RYAN	18km	267.1	53.15	E 9	Geoff O'BRIEN	16km	624.3m	58.07
3	Brian SPURRELL	18km	206.6	52.54	11	Steve BARRALET	16km	156.5m	59.48
4	Rob JAMIESON	17km	422.7	55.31	12	Ian RANDS	15km	952.2m	----
5	Gerry HART	17km	190m	57.46	13	Paul PATTON	15km	817.1m	----
6	John STAFFORD	17km	171.2m	56.18	14	Brian RYCROFT(V)	15km	698.9m	----
7	Max CARSON	17km	104.7m	55.15	15	Gerry RILEY (V)	15km	677.5m	----
8	Don SIMPSON	16km	718.8m	56.39	E 16	Kon BUTKO	14km	816m	----
					E 16	Ross SHILSTON	14km	816m	

5000m TEAMS RACE - 31 Starters

1	Eric SIGMONT	14.46	17	John HARRIS (Wav.)	16.26
2	Graeme GARDNER (Wav.)	14.48	18	Geoff PRATT (KCD"B")	16.29
3	John BRUCE (KCD "A")	15.04	19	Peter ARMISTEAD(Frank"A")	16.31
4	John DUCK (Wav.)	15.10	20	Bob SCHICKERT	16.49
5	Gerry SOFIANOS	15.15	21	Kon BUTKO (Frank "B")	17.01
6	Rob GILFILLAN	15.20	22	Lindsay BEATON (Frank "B")	17.36
7	Dave BYRNES (KCD "A")	15.31	23	John CLARKE (KCD "B")	17.37
8	Ken DUXBURY (KCD "A")	15.34	24	Ian McDONALD (Frank "B")	17.37
9	Kev SOLOMON (Rich "A")	15.49	25	Barry LYNCH (Rich "A")	17.57
10	Ian McCONNELL	15.50	26	John KINDNESS (Frank "A")	18.06
11	Ross SHILSTON (Frank "A")	15.55	27	Bob ELLISS (Rich "A")	18.13
12	Geoff HOLDEN	15.58	28	Rob JONES (Frank "B")	18.34
13	Greg McMAHON (Frank "A")	16.09	29	Mike HUBBERT (Rich "A")	18.40
14	David PALMER (KCD "A")	16.15	30	Dave BRADFORD (Rich "B")	20.00
15	Carl STEVENSON (Wav.)	16.16	31	John HERBERT (KCD "B")	21.18
16	Brendan McVEIGH (Rich "A")	16.20			

TEAMS:

1	Kew-Camberwell Dist.	2, 4, 5 - 11pts.	4	Richmond "A"	6, 11, 19 - 36 pts.
2	Waverley	1, 3, 10 - 14pts.	5	Frankton"B"	15, 16, 18 - 49 pts.
3	Frankston	7, 8, 14 - 29pts			

200 METRES

1	Peter FORTUNE	23.0
2	Mark SANDERS	23.4
3	Vas MIHALEV	24.0
4	Steve WADE	25.7

400 METRES

1	Mark SANDERS	52.3
2	Paul WINTERTON	52.8
3	Vas MIHALEV	54.1
4	Mike GILDAY	55.8
5	Alex KUTZ	59.6

V.M.C. 1 HOUR RUN & TRACK RACES, 10/10/1976. HUNTINGDALE (Continued)

3000m. JUNIOR TEAMS RACE - 18 Starters:

1 Graeme KENNEDY (Ring)	9.05	10 Stan GALLAGHER	10.07
2 Paul TUCKER (Ring)	9.16	11 Peter RAMSAY (Donc)	10.18
3 Frank HARDY	9.21	12 Richard KING	10.26
4 Tom HASSALL (Donc)	9.34	13 Steve HUNTER (Rich)	11.21
5 Brett RUSSELL (Ring)	9.34	14 Robert KEMP (Rich)	12.27
6 Mark O'BRIEN (Ring)	9.44	15 Clive STERRY (Rich)	12.28
7 John ROCHE	9.48	16 Brett WHITEHEAD (Rich)	12.45
8 Evan BUTLER (Donc)	9.51	17 Ivan CAFISO (Rich)	12.57
9 David KINGSTON	10.05	18 Andrew COLLISTER (Rich)	13.10

Teams: Ringwood 1,2,4 - 7pts; 2.Doncaster 3,6,7 - 16pts; 3. Richmond 8,9,10 - 27pts.

3000m VETERANS - "WEIGHT-FOR-AGE" HANDICAP:

	Time	Hand	H.Pl		Time	Hand.	H.Pl
1 Gerry RILEY	10.06	.10	6	7 Noel ANDERSON	10.57	1.30	5
2 Jim SCROGGIE	10.17	1.10	2	8 Peter COLTHUP	11.44	.45	9
3 Fred LESTER	10.36	1.30	<u>1</u>	9 George BRAIN	11.49	----	--
4 John VISSER	10.44	.35	8	10 Ray CALLAGHAN	11.55	----	--
5 Roy THOMAS	10.52	1.20	4	11 Joe TENNANT	12.02	----	--
6 John JOHNSTON	10.53	1.25	3	12 Harry JONES	12.30	2.30	7

3000m WOMEN:

1 Anne CALLAGHAN	12.07	2 Carolyn SIGMONT	12.16
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1000m.

1 Paul WINTERTON	2.40	7 Des MIDDLETON	2.53
2 Adrian BURKE	2.43	8 Mike GILDAY	2.54
3 Geiff BAIRD	2.44	9 Laurie McINTYRE	2.58
4 Peter FORTUNE	2.50	10 Mark POGGIOSE	3.05
5 Alex KUTZ	2.51	11 Arthur KUTZ	3.22
6 Steve THOMAS	2.53	12 Mark THOMAS	3.37

SOME COMMENTS ON THE DAY:

PLEASE - PLEASE give your first name whenever you check in, either to enter, to pay your money, lining up at the end of a race, or at ANY OTHER TIME.

AFTER ALL, THAT WAS WHAT YOU WERE GIVEN A NAME FOR !!!

Runners- It is virtually impossible to be sure of having you tabbed properly at the end of a 1 Hour or 2 Hours Race UNLESS there is someone to go round with you at the very end fix the exact place of your last contact when the time is up.

In your own interest have someone just for that task as well as keeping a lap sheet.

Lap scoring requires almost as much concentration as running. Several of the sheets did not have any times marked in, others had some impossible discrepancies.

So, don't blame anybody but yourself if there are doubts as to the actual results, or the ratification of actual records.

If you did not receive a handicap, it was because you either did not supply enough date or have not raced enough times at the distance to give the handicappers a chance to come up with a fair estimate.

SELECTION FOR INTERSTATE AND NEW ZEALAND:

BY PAUL JENES

TEAMS FOR THE NEW ZEALAND GAMES must be selected not later than December 13th in order to meet concession airfare requirements, hence good early season times will help.

In addition to the original team of 20 men and women competitors, a further 10 men may be included if the State Association can foot the bill.

At the stage of writing this information, nothing definite has been received as to whether a Marathon will be on the programme.

CRITERIA for selection of the Victorian Team to the Nationals will be the first 3 past the post in the Victorian Championships, provided competitors have reached the qualifying standards prior to selection.

Like procedures will apply for the team to be selected for the Vic vs NSW match, with only two per event required. It is important that competitors who may be qualified for more than one event advise the selectors if they prefer one or other of such events in the interests of their season's competition schedule.

V.M.C. 20 KILOS. ALBERT PARK. 28/8/76. 63 Starters - 48 Finished.

Weather - Fine, slight breeze.

Pl.	Name	A.Time	Hand.	H.Pl.	Pl.	Name	A.Time	Hand.	H.Pl.
1	Steve AUSTIN	62.58	.	31	25	Geoff O'BRIEN	75.50	15.13	19
2	Bruce HOOLEY	66.02	8.34	5	1J	26 Ivan HARRY	75.52	16.22	10
3	Bruce JONES	66.29	0.00	40	27	Bill HARRISON	76.21	14.40	28
4	Geoff MOORE(N.CB)	66.54	----	--	28	Gerry RILEY	77.07	16.04	23
5	Tony TRENKNER	67.15	6.19	22	J	29 Doug BOURNE	77.41	12.00	39
6	Ron HARRY	67.34	11.29	<u>1</u>	30	Rob MEISELBACH	78.04	20.00	7
7	Dave GAZLEY	68.19	6.45	27	31	Jim CASEY	78.09	----	--
8	Brian SHARE	68.46	6.19	32	32	Keith McINTOSH	78.23	21.17	<u>2</u>
9	Ross SHILSTON	68.48	11.14	6	33	Lindsay BEATON	78.39	15.30	E34
10	Silvio RADOSLOVIC	68.51	9.02	12	34	Trevor ELLIS	78.53	16.57	30
11	Terry COLLIE	69.09	7.51	26	35	Les MOLLARD	78.56	15.47	E34
12	Don SIMPSON	69.26	12.15	<u>3</u>	36	Des MIDDLETON	79.40	21.08	9
13	Alan HICKS	69.54	9.47	14	37	Brian RYCROFT	79.41	19.30	15 V
14	Dennis ANDREW	70.15	10.00	17	38	Ben BUNTMAN	80.43	19.57	21
15	Terry DAVIS	70.59	13.34	<u>4</u>	39	Fred McINTOSH	81.17	21.17	13
16	Norm DUFF	71.38	10.59	20	V	40 Mike HUBBERT	83.44	16.22	42
17	Phil LEAR	72.16	10.29	29	41	Max WALKER	84.09	----	--
18	Tom GRONER(S.Cb)	73.27	12.15	25	42	Noel ANDERSON	85.14	20.00	38 V
19	Graeme SMALL (N.Cb)	73.28	----	--	43	Hans MEISELBACH	85.24	25.47	11 V
20	John CLARKE	74.08	13.34	18	44	Terry HUNTER	88.41	14.40	44
21	Rob MANDILE	75.05	12.15	33	45	Peter RAMSAY	90.20	25.25	37 J
22	Arthur KINGSLAND	75.11	14.07	24	46	Peter BATTRICK	91.28	19.57	43
23	Bob HUTCHIN	75.38	15.25	16	47	Norm McLEISH	91.32	33.18	8 1V
24	Gerry HART	75.48	11.44	36	48	Ron FARNHILL	94.32	27.38	41 V

V.M.C. UNDER 17 - Junior - Women. Starters - 14 under 17 - 3 Women.  
ALBERT PARK. 28/8/76. Fine, slight breeze.

1	Randy HOBBS	16.11	0.00	2	9	Remo TOLLOI	20.12	4.04	<u>1</u>	J
2	Alex KUTZ	16.27	0.14	4	J	10 Peter BLECHER	21.12	----	--	J
3	Jeff CHAMBERS	17.03	0.51	3	J	11 Doug CARNE	21.16	----	--	J
4	Evan BUTLER	17.24	0.37	7	J	12 Murray BROOK	22.07	----	--	J
5	David KINGSTON	17.27	----	--	13	Tracey SMITH (Fem)	22.11	0.00	<u>1</u>	W
6	Stan GALLAGHER	17.54	1.15	6	J	14 Mark COZENS	22.11	----	--	J
7	Phil BROOK	19.33	----	--	J	15 Stewart HOWE	27.45	----	--	J
8	Arthur KUTZ	19.34	3.09	5	J	16 Geraldine RILEY (Fem)	31.37	3.11	2	W
						17 Gaby GALES (Fem)	31.37	----	--	W

BOOK REVIEWS

FRED LESTER

RUNNERS AND RACES: 1500m/ 1 Mile - Nelson & Quercetani (Track & Field News) \$6.50  
A superb history of the most exciting of all track races - an ideal gift for the 1500m / 1 Mile buff. Has in it everybody who is or was anybody at this distance and some great race descriptions and analyses.

xxx xxx xxx xxx xxx xxx

RUN, RUN, RUN. Fred Wilt (Track and Field News) \$3.95

First published in 1964 and now in 6th printing - is still the best buy for the money as far as students of distance running are concerned. Whilst Fred Wilt's "How they train" only gave actual training schedules in the main, articles in the bigger book examine the why's, how's and other factors which influence the training methods of the most varied types throughout the world.

xxx xxx xxx xxx xxx xxx

OLYMPIC TRACK AND FIELD TECHNIQUES. Exker and Wilt and Hay (Parker) \$11.00

This is an updated version of "Illustrated Guide to Track & Field Technique" by Exker and Wilt in 1966 (Australian rights held by Fabre and Faber). The new version has more valuable analysis, but at the expense of illustrations, since only one exponent is featured for each event. In the earlier book there were two prominent stylists for most events and the photo series was printed much more clearly. A bad fault in both books is that running sequences are in order 1,2,3, etc. from the left to the right irrespective of the direction of running, an inexcusable fault in a magis eye series. The new book shows a picture of the Marathon at the start only, an absolutely useless shot for any study of technique. Similarly Kip Keino's Steeplechase clearance can only serve as an example of wasted energy and bad balance, as mentioned in the commentary. So why put it in? I'll stick with 1966 edition.

VICTORIAN SCHOOLBOYS NEW ZEALAND TOUR - AUGUST 22-31, 1976 . By PAT CLOHESSY

The Team selected by Cross Country Selectors, based on All Schools Cross Country at Heidelberg, was:-

Stephen Foley (Camberwell Grammar) Captain, John Sheehan (C.B.C. St. Kilda), Kevin Davies (Ballarat), Neil Harrington (Essendon Tech.), Trevor Scott (St. Bedes) Nicholas de Castella (Xavier). Manager was Pat Clohessy.

The Team departed from Melbourne at 9.00 a.m. on Sunday, August 22nd, arriving Christchurch 5.10.p.m., and returned to Melbourne on Tuesday, Aug. 31 at 3.10.p.m.

The tour may be divided into three sections:-

1. Short tour to West Coast and return to Christchurch. This was arranged by N.Zeal. Secondary Schools' Organiser, Mr. Roger Alcorn and included two nights in Greymouth, sightseeing, training runs. It was also valuable in integrating our team.
2. Coaching Course at Christchurch Boys High School.

This course was extremely valuable in promoting interest among boys of both countries. Films, discussions, training runs, video tapes, social occasions were all valuable.

3. New Zealand v Victoria Meeting.

This was staged at Cuthbert's Green over a recognised Cross Country Course previously used for N.Z. Championships. Led by Stephen Foley and John Sheehan, the team excelled, taking five of the top six places to win the teams race. Placings were John Sheehan, 1; Stephen Foley, 2; Kevin Davies, 3; Trevor Scott, 5; Nicholas de Castella 6. Neil Harrington placed 15, a commendable run especially in view of persistent stomach trouble.

The team's performances were acclaimed by N.Z Press:-

"Brilliant Running by Australian Boys (Christchurch Press); "Aussies Run Best" (Dominion) "Kiwis Outclassed in Cross Country" (Christchurch Star).

COMMENDATIONS.

(a) The Team was quite outstanding and conspicuous both in performances in the meeting, and in the conduct at and contributions to the Coaching Course.

They were enthusiastic and helpful in all areas of the tour. Stephen Foley, the Captain, John Sheehan, Kevin Davies, Trevor Scott, Neil Harrington and Nicholas de Castella were highly commended by our N.Z. friends and I pass this on for recognition.

RECOMMENDATIONS.

This exchange should be encouraged and continued. The N.Z. School authorities have invited a Victorian Schools' Team to compete at N.Z. Games, January 22-26, with major expenses paid. They are anxious to have us arrange for a N.Z. School Team to compete here.

Such an exchange scheme would be a significant contribution, both rewarding and motivating for our young athletes, and satisfying for those of us who work for the development of athletics among our youth.

EXTRACT FROM "NEW ZEALAND STAR" Wednesday August 25, 1976."KIWIS OUTCLASSED IN CROSS COUNTRY"

The visiting Victorian Cross Country runners were just too classy for their New Zealand schoolboy counterparts at Cuthbert's Green this afternoon.

Steve Parsons, of Shirley Boys High was the first New Zealander home in 4th place. The 6000m race was the climax of a three-day distance running course for secondary school pupils held in Christchurch.

Stephen Foley, captain of the six-man Victorian Team, and his team mate John Sheehan led the race throughout and the rest of the pack, which included some 30 other New Zealand schoolboys as well as the national side, was some 200m behind and never looked like catching them.

Sheehan sprinted clear and finished 10secs. ahead of Foley in 21m. 45.6s. For Sheehan, the Catholic Colleges' champion, it was a sweet victory, this being the first time he had beaten Foley, against whom he had competed several times this season.

Foley is the Victorian 1500m champion and Victorian all-school cross country champion. Kevin Davies, another top class Victorian Cross Country runner was 3rd in 22m 33s, while Parsons was 23 seconds behind.

The 2nd New Zealand runner home was Joseph Radich (Francis Douglas College), the national team's captain who finished 7th. An outstanding effort was made by Jeff Elliott, of Burnside High, who was not in the N.Z. Team. He finished in 10th place in 23m.29s - well ahead of a number of the national runners.

The New Zealand girls team of eight fared well against a Canterbury girls team over 4000m. They fill five of the first 6 places, with 16 year old Burnside High runner, Wendy Mollison, an easy winner in 18m. 5.5s. She led throughout, with Michelle Hadley (Christchurch) second and Erin Baker (Sacred Heart) third.

THE VETERANS

Peter Colthup

I quote from Dr. George Sheehan's enthralling book "ON RUNNING":- "Where, then, is happiness for these late-maturing running machines".

The backbone of the runner's day and life is the daily workout - Higdon's "only one hour." Some run marathons because, as one runner stated, "I forgot how terrible the last one was".

The result of our first veterans' marathon, Sat. 25th Sept, 1976. Oldest member to compete was Reg Barlow (72) in 4 hr. 06 mins. 40 secs.

CLASS 3

Stan NICHOLLS (65) 3:14:36  
 AJ(Brook) TOVEY (64) 3:42:34  
 Andy SMITH (61) 4:17:30  
 George WILSON (64) 4:56:50

CLASS 1

Henk VanWIJNGAARDEN (42) 2:38:47  
 Jim CRAWFORD (41) 2:55:10  
 Gerry RILEY (45) 3:00:52  
 Ian McQUADE (46) 3:12:16  
 Newell BARRETT (49) 3:13:24  
 Reg SARA(Whyalla) (49) 3:21:23  
 Harry BIRCH (42) 3:21:53  
 John SMITH (41) 3:35:00  
 Vin O'BRIEN (48) 3:43:40  
 Alan FAIRBANKS (43) 3:51:00  
 Larry FOLEY (47) 3:59:50  
 Norm McLEISH (45) 4:20:25  
 Tony PRYER (48) 5:26:16

CLASS 2

Theo ORR (52) 3:02:37  
 Noel LeROSSIGNOL (54) 3:33:55  
 Art TERRY (53) 3:34:40  
 Noel ANDERSON (51) 3:46:13

PRE-VETS

Barry BROOKS (36) 2:43:12  
 Terry DAVIS (37) 2:49:14  
 Bruce WATTS (37) 2:52:14  
 Gerry HART (38) 3:02:59  
 Phil AFFORD(SA) (39) 3:09:58  
 Peter BETHERAS (36) 3:14:08

In this small space I wish to thank all the officials, and those who helped at the feeding stations, most sincerely. Without your help we could not have conducted this marathon.

-----  
 Hal Higdon in his entertaining book "On the run from Dogs and People" tells about Arthur Lydiard who "has a test he uses on anyone who approaches him uncertain of what event in which to run. "I take a flashlight and shine it in one of his ears" explains Lydiard. "If I see light coming out of the other side, he's a marathoner".  
 -----

THE HAMILTON (N.Z.) MARATHON, 1976.

Dave Gazley

Once again, the annual pilgrimage of Australians across the Tasman for the Eclipse Wire Marathon has taken place, and very successful it was too. A perfect cold, wet Melbourne type day, 3 great P.B's by VMC members and a close 2nd in the teams race made it a great competition. What follows is a very secondhand race report, gleaned mostly from newspapers as I was never close enough to see the leaders and their doings.

The 244 starters were led out of Porritt Stadium by Eric Sigmont and a leading bunch including Mike Ryan (unfir and later to retire on 3rd lap), Dave McInnes (Canb.) and Bernie Vine quickly formed. By lap 2 Veteran Jeff Julian hit the front towing Bernie with him, being 50 seconds clear of McInnes, Sigmont and Dave Young (Auck.Univ.) By the 20 mile mark, Julian had "blown up" and Vine, now on his own, was being steadily overhauled by McInnes who had broken clear of Sigmont and Young. McInnes caught Vine at 23 and then ran right away for a fine victory, winning by 71 seconds. Bernie hung on for 2nd place 15 secs. ahead of Young and fast finishing Fred Smith (Owairaka). Eric died over last 2 miles but still managed a fine 5th just ahead of Dave Byrnes, who powered through the field like the proverbial train to 6th place. Both Eric and Dave ran P.B's by 9 minutes.

Of the other Australians, I was 10th, Bob Squirroll (Sydney) 12th, Silvio Radoslovic a tremendous 16th (11 mins. P.B.), Phil Lear 27th in 5th marathon for the season, and Julian Scott (Sydney) 31st.

All in all, it was a pretty smug group of Aussies who adjourned to Riverview Hotel that afternoon to further cement old friendships and establish new ones over ales. Festivities were later continued next day at home of Hamilton's most youthful veteran, Ken Birchall, to whom we hope to extend similar hospitality next year.

A few statistics - 244 starters - 207 finishers - 9 women ran - the fastest being 3:12:56 for 145th place - 3 runners under 2:20 - 18 under 2:30 - 102 under 3hrs. 18th place was Barry Magee, bronze medal at Rome Olympics. Our old friend Max Holmes finished 32nd in 2:35:17 in between phone calls.

Kiwi hospitality was as usual tremendous, their enthusiasm infectious and encouragement along route really great. We thank them for the experience.

1. Dave McINNES (S.Canberra) 2:18:20 (PB)
2. Bernie VINE (Owairaka) 2:19:31 (PB)
3. Dave YOUNG (Auck.Univ.) 2:19:46 (PB)
5. Eric SIGMONT (VMC) 2:22:22 (PB)
6. BYRNES (VMC) 2:22:39
16. RADOSLOVIC (VMC) 2:42.

TEAMS:

1. Owairaka 19 Points  
 (Vine, Smith, Julian)
2. V.M.C. 21 Points  
 (Sigmont, Byrnes, Gazley)

VICTORIAN COUNTRY MARATHON.

Barry Brooks

Following are some comments on Marathon held at Benalla on August 15th.

FIRSTLY - The race was supposed to be "The Victorian Country Marathon Championship" with an Open Race, Veterans, etc. run in conjunction. I am sure that every country runner there felt insulted, as I was, when at the presentations they received no mention and the medals were awarded to Metropolitan runners. Surely there must be some lack of communication between the V.A.A.A. and the local centre for an error like this to happen.

SECONDLY - Are we, once again, to be forced to submit to these archaic medical examinations before Marathons? In the three times I had to return to the hospital, at least half a dozen runners were fronting up a second time. It must prove that many Doctors still consider an athlete's heart to be a weekend organ to be regarded with grave suspicion. After being told I had a "heart murmur" and high blood pressure I had to plead to be allowed to compete. That I was able to finish at all must be a medical miracle.

In conclusion I would like to add that it was not all bad. The course was good with a lot of people working very hard to make the race a success.

V.M.C. BACKSCRATCHING.

Bruce Watt

It has occurred to me that VMC members could have far more contact with each other than purely through our running activities.

Let me explain. When doing the handicapping I often have to refer to the membership application forms for details of performances when I do not have recent race results as a guide. One of the items of information on the form is occupation. I have been struck by the diversity of occupations covered by our membership.

They cover most of the trades such as bricklaying, plumbing, electricians, etc; most of the professions such as doctor, lawyer, teacher, psychologist, engineer; the white collar workers such as clerks and public servants; we have salesmen, student, draughtsmen, real estate agents, etc. Of course there unusual vocations too. Did you know we have a fish breeder among us (how does he get ....)? We have some medical technologists, a policeman, a stockbroker, a draper, a store manager, insurance consultants and a journalist.

The list is long and impressive. Why don't we help each other to help ourselves? If you have to go to a doctor, would it not be better that he was a runner? If you are thinking of having your house painted, why not give the work to a V.M.C. member? Buying a new house? We have two or three estate agents. Extending your own home? We have many draughtsmen and architects. Do you want to teach your children music? Take them to your friendly VMC music teacher.

Who best to advise you on shares than our own tame stockbroker?

Having trouble telling male fish from female? Our VMC fish breeder could come to the rescue!

The theme can be carried into the business area as well as the home. We have someone in market research, computer programming, business equipment, insurance.

How about agreeing on our membership form to having our name, telephone and occupation published in a newsletter as being available for hire or if only in an advisory capacity?

Just imagine the scene. We have need of a tradesman at home. We ring our VMC member who comes over, charges honest rates, we talk to him during the job about running, and when he has finished, we go for a training run together.

HOW COULD OUR WIVES POSSIBLY OBJECT??? The perfect leave pass!

Think about it, members, think about it! (A fish breeder ??????)

ANOTHER VETERANS' RESULT:10,000 METRES - WERRIBEE - 25th SEPTEMBER, 1976

Ron	CHUGG	(40)	36.36	Alan	CLARKE	(C II)	41.55
Lavinia	PETRIE	(33)	38.40	Peter	COLTHUP	(55)	42.03
Jim	DAVEY	(48)	39.25	Merv	WOODGATE	(C II)	42.14
John	JOHNSON	(53)	39.49	George	BRAIN	(55)	44.35
Alan	BURGOYNE	(62)	40.09	Dennis	COLECLOUGH	( )	44.49
R	THOMAS		40.21	Ann	CALLAGHAN	(39)	45.40
Wal	SHEPPARD	(54)	41.05	Clare	McKERR	(46)	46.08
Keith	ROOTLEY	(52)	41.15	Bill	HUGHES (W.A.)		48.47
Max	CARTER	(50)	41.42	Peggy	SMITH	(40)	49.08



AUSTRALIAN WOMEN'S CROSS COUNTRY, ROAD WALK AND ROAD RELAY TITLES. 21/22 AUG ADELAIDE

"Everybody who's anybody is wearing one. Have you got your yet dear."

And the Victorian cross-country and Road Walking Teams were on their way to Adelaide for the 1976 Nationals, resplendent in their team uniforms of navy-blue and white tracksuits with matching accessories (i.e. track shoes). Well, Clyde Cameron (MHR) was impressed, as were Chris Herford (Mhr and Shadow Treasurer) and Mick Young (MHR) - just ask "16" year old Di Huxley who now has an open invitation to Clyde's pad anytime she happens to be in Canberra. Professor Manning Clark, however, did his best to divert the fashion journalists with his genuine Australian swaggy's hat which - with all due respect - did not exactly set off his three piece tailored suit to best advantage. All in all, quite a plane trip, and one which the hosties won't forget in a hurry for reasons other than the quality of the passenger list.

Onto our quarters - the Adelaide International Motel. As suggested by its name, the motel's rooms were of a somewhat higher standard than we were used to being accommodated in on interstate trips. The only immediate problem lay in deciding who was going to sleep on which side of the double bed, that appearing the only commodity in each room allocated to nighttime activities. Rhonda Taylor and Marie Dasser swore each other to secrecy with respect to the fact that they had been "forced" to share a double bed; Lois Bickley was a bit worried that Jennie Hinds (nee Hogan) might mistake Lois for her husband and act accordingly. Fortunately, however, all these fears were unfounded as it was discovered that the couch - through the wonders of 20th century technology - in fact converted into another double bed.

After a visit to the scenic Carisbrooke Reserve, (the sight of the next day's competition), followed by dinner at the Motel we all retired to our rooms for the night. All, that is, except for our manageress who was forced to attend a boozy manageress's turn leaving the team in the capable hands of the team captain. We all slept well, so I'm told, except for Fione Griffin, who ended up sleeping in the shower trying to escape either the traffic noise or Anne Lord's snoring, I'm not sure which.

Saturday dawned clear and sunny - apparently winter has by-passed Adelaide this year. After a lazy morning in which the most productive activity was the purchasing of some champagne by the good manageress, Mrs. Reing ("to raffle when we got home" so we were told), we boarded the bus for the races.

The program included the Opening Ceremony - always a must - followed by the Sub-Junior 1500m, Junior 3000m and Senior 5000m cross country runs. Results are given later, with the most notable being the Vics. taking 1-2-3 in the Junior event. Just to make the story more interesting, all three girls run for the Ringwood Club - all are trained by Mr. Orr. (Incidentally, Rhonda and Marie were first and second in the women's section of last year's VIC Midnight Run).

Sunday greeted us with the familiar sound of rain and wind - we Victorians again stood accused of bringing "typical Melbourne weather" with us. This time competition was held at "The Levels", the S.A. Institute of Technology Campus.

Our walkers, although failing to win an individual title, won both Junior and Senior Teams events for the first time ever. In the road relays we again won the Junior and Senior events and Victorian runners also produced fastest times in both these races. See results later.

Frivolities thus completed, the Vics got down to the serious business of having a good time in our remaining hours in Adelaide. We partook of the freely provided chicken luncheon then headed back to the Motel to get stuck into the much awaited for (and, I might add, highly deserved) champagne. Thus fortified, a large number of us headed down to the beach, despite the fact that it was raining rather heavily. Needless to say we got wet. But we do feel too stupid as several leading members of the academic economists' profession were also visiting the Glenelg foreshore at that time. However displeased Greasy Joe may have been when we all dripped into his establishment, I'm sure his temper improved greatly when we ordered 21 hamburgers, half a dozen chico rolls, and \$3 worth of chips. One must eat.

Back to the Motel, dinner, then out to the airport for some last minute souvenir buying. In line with the time set over the weekend, two members of the group Skyhooks were at the airport - to see us off, I think, though I must confess to a memory lapse as I can't remember their names. Eventually we all got safely through customs and surprisingly none got left behind. Credit due here to a great job done by our manageress (the truth is, she promised us all free drinks on the plane).

All in all, a generally good time was had, and to any S.A.'s reading this newsletter, thank you for a most efficiently run and well-organised programme.

Lynne Tennant,  
Department of Economics, University of Melbourne,  
Parkville. 3052.

WOMEN'S ADELAIDE RESULTS:-SUB-JUNIOR - UNDER 15.

<u>1500M CROSS COUNTRY</u>	1. R. Cox	N.S.W.	4:58.0
	2. S. Grayson	W.A.	5:00.0
	3. K. Hillier	S.A.	5:01.0
	7. Cathy EDWARDS	VIC.	5:17.0
	10. Mandy	VIC.	5:20.0
	11. Kathy WILKINSON	VIC.	5:23.0
	20. Jill BANNINK	VIC.	5:40.0

Teams Event: 1. New South Wales. 2. Sth. Australia 3. West Australia

<u>ROAD RELAY 3 X 1000m.</u>	1. N.S.Wales	9:04.0
	2. Sth. Aust.	9:07.0
	3. Victoria	9:20.0

Fastest Time: K. Hillier S.A. )  
J. Deer S.A. ) 2:57.0

JUNIOR - UNDER 18

<u>3000M CROSS COUNTRY:</u>	1. Rhonda TAYLOR	Vic.	10:37.0
	2. Anne LORD	Vic.	10:39.0
	3. Marie DOSSER	Vic.	10:40.0
	16. Fiona GRIFFIN	Vic.	11:51.0

Teams Event: 1. VICTORIA. 2. STH. AUSTRALIA. 3 WEST AUSTRALIA.

<u>ROAD RELAY - 3 X 2000m.</u>	1. VICTORIA	19:08.0
	2. STHL AUSTRALIA	20:01.0
	3. N.S.WALES	20:11.0

Fastest Time: Anne LORD. Vic. 6:15.0

<u>3000M. ROAD WALK:</u>	1. R. Thompson	N.S.W.	14:05.0
	2. Kerry NEVILLE	Vic.	14:10.0
	3. Sally PIERSON	Vic.	14:41.0
	4. Anne MILLER	Vic.	15:00.0

Teams Event: 1. VICTORIA. 2. Sth. AUSTRALIA.

OPEN

<u>5000m. CROSS COUNTRY:</u>	1. G. Clews	W.A.	17:56.0
	2. Lynne TENNANT	Vic.	18:08.0
	3. R. Bell	N.S.W.	18:08.0
	7. Lois BICKLEY	Vic.	18:44.0
	9. Di HUXLEY	Vic.	19:00.0
	11. Jenny HINDS	Vic.	19:57.0

Teams Event: 1 N.S.Wales. 2. West Australia. 3 Victoria.

<u>ROAD RELAY: 3 X 3000m.</u>	1. VICTORIA	30:37.0
	2. N.S.WALES	30:50.0
	3. STH. AUSTRALIA	31:56.0

Fastest Time: Lynne TENNANT VIC. 9:56.0

<u>5000m ROAD WALK.</u>	1 L. Harpur	S.A.	24:25.0
	2 Sue ORR	Vic.	25:05.0
	3 R. Thompson	N.S.W.	25:54.0
	4 Jeannette WHIMPEY	Vic.	26:14.0
	10 Joanne RANKIN	Vic.	28:34.0

Teams Event: 1 VICTORIA. 2. N.S.WALES. 3. WEST AUSTRALIA.

ABOUT MARATHONERS:

If anybody tells you that you are nuts to compete in sport, here is an interesting quote from a book "The Olympic Games" - The First Thousand Years, by Finlay and Pleket:-

"For somebody we would respectfully (if often hypocritically) refer to as an amateur, the Greeks used the word 'idiotes', which would either mean civilian, non-professional or ignormus. No prize is offered for guessing what modern English word is derived from this Greek source."!!

THE ECLIPSE MARATHON.

23/10/76

From Eric Sigmont.

Pl.	Name		10k	20k	30k	FINISH
1	D. McInnes	Sth. Canberra	32.42	65.30	1:38.25	2:18.20
2	B. Vine	Owairaka	32.42	64.30	1:37.45	2:19.31
3	S. Young	Auckland Univ		65.20	1:38.25	2:19.46
4	F. Smith	Owairaka	33.12	66.28	1:39.24	2:20.09
5	E. Sigmont	VMC. Melbourne	33.42	65.20	1:38.25	2:22.22
6	D. Byrnes	VMC. Melbourne	35.01	67.28	1:40.45	2:22.39
7	M. Hall	Wellington	33.17	67.17	1:40.35	2:22.56
8	D. McKenzie	Tokeroa	32.42	66.05	1:40.55	2:24.14
9	A. Harris	Rotorua		66.05	1:40.35	2:24.39
10	D. Gazley	VMC. Melbourne	33.52	66.45	1:41.10	2:26.45
11	G. Struthers	Massey	35.01	69.30	1:44.34	2:26.19
12	R. Squirrel	St.George,Sydney	33.12	66.47	1:41.40	2:26.49
13	J. Julian (1-40/45)	Owairaka		64.20	1:39.30	2:26.55
14	T. Gamble	Owairaka		66.28	1:41.00	2:27.07
15	T. Little	Owairaka	33.52	68.25	1:43.35	2:27.58
16	S. Radoslovic	VMC. Melbourne	35.01	69.48	1:44.41	2:28.42
17	T. Macdaford	Owairaka	35.39	69.30	1:44.34	2:29.49
18	B. Magee	Wesley	36.07	71.33	1:47.30	2:29.56
19	L. Purdy	New Plymouth	35.20	69.55	1:45.14	3:30.10
20	J. Hughes	Owairaka		70.00	1:45.47	2:30.56
21	D. Southwick	Hamilton	37.18	72.14	1:48.05	2:31.01
22	R. Apps	Tokoroa	37.07	73.06	1:48.05	2:31.16
23	S. Bauer	Scottish	35.01	70.00	1:45.47	2:31.24
24	J. Gibson	Lyndale	36.07	71.32	1:45.14	2:31.32
25	K. Osborne	Massey	36.07	71.33	1:47.30	2:31.57
26	T. Greening	Hamilton	36.07	71.33	1:48.05	2:32.05
27	P. Lear	VMC. Melbourne		69.55	1:46.45	2:33.03
28	G. Regtien	Takapuna			1:47.30	2:34.05
29	R. Jones	Whakatone		71.33	1:48.26	2:34.20
30	N. Froude	Wellington		72.14	1:48.30	2:34.26
31	J. Scott	St.George, Sydney	35.50	71.33	1:47.30	2:34.45
32	M. Holmes	Hamilton	37.18	73.18	1:49.25	2:35.17
44	D. Crosbie(1-45/49)	Owairaka	37.35	75.12	1:52.35	2:39.50
83	I. Howe	N.S.W. Veterans	38.07	78.50	2:00.50	2:53.34

TEAMS RALE: 1. Owairaka (a) 19; 2. V.M.C. Melb. 21; 3. Owairaka (b)

The New Zealand Times on Saturday, October 23rd, wrote:-

AUSTRALIAN TAKES OUT MARATHON

A strong run by Australian Dave McInnes proved too much for other leading contenders over the final stages of the annual Hamilton Eclipse Wire marathon today.

McInnes (Sth. Canberra) entered Porritt Stadium for the finishing lap well ahead of Owairaka's Bernie Vine to win in a relatively slow time of 2hr.18m.20s. He crossed the tape 400m in front of Vine to become the third Australian runner to win the event since it began in 1965.

Running steadily all the way McInnes spreadeagled the field with a strong performance over the last 10 kilometres.

He completed the first 10 kilometres in 32.42; was timed at 65.30 - behind veteran Jeff Julian (Owairaka), Vine, Dave Young (Auckland Univ.), Eric Sigmont (Melborne) and Lloyd Walker (Manurewa) - at the 20 kilometres mark and trailed Vine by 40s after three of the four laps. McInnes went through the 30 kilometres checkpoint with Young and Sigmont but soon left them to catch Vine and take over the lead.

A bunch including McInnes, Vine, Sigmont, Julian, Walker, Don McKenzie (Tokoroa) and former Olympian Mike Ryan dominated the early stages of the race. Julian and Vine had their turn in the lead and after 25 kilometres Vine had opened up a gap of 150m over McInnes and McKenzie with Julian slowly dropping back. Ryan dropped out in the third lap.

McInnes won by 1m 11s from Vine (2h.19.31s) with Young third in a time of 2h.19m.46s. Julian finally finished 13th in 2h.26m. 55s. to win the 40-45 age group.

Of the nearly 250 starters, 18 completed the distance in under two and a half hours, with another forty nine coming home in under 2 hours and 50 minutes.

PAUL JENES WRITES - The Annual Match against South Australia has now been extended to include Tasmania for a Traingular Competition. The 1977 venue is Adelaide, and the maximum number of team members is restricted to 15. Tasmania has the right of event to be contested.

"RON CLARKE" 10,000 METRES. GLENHUNTLY TRACK - MURRUMBEENA, 26th OCTOBER.1st DIVISION.

1	Robert De	CASTELLA (Glen.)	29.28	9	Clive	VOGEL (Essen)	32.53
2	Gary	BENTLEY (Tas.)	30.11	10	Hugh	WILSON (Geln.)	32.54
3	Max	LITTLE (S.S.H)	30.24	11	John	KNEEN (Sand.)	32.55
4	Gerry	SOFIANOS (Oak.)	31.10	12	Geoff	WALL (W.A.)	33.22
5	Neil	McKERN (Ring.)	31.12	13	John	STAFFORD (Oakl.)	33.52
6	Graeme	KENNEDY (Ring.)	31.53	14	Tony	COOK (Glen.)	33.53 V
7	Matt	RYAN (Sand.)	32.18	15	Ian	RANDS (Oakl.)	34.30
8	Bryce	DUNKLEY (Glen.)	32.24	16	Arthur	KINGSLAND (Glen.)	35.32

2nd DIVISION.

1	Jim	SEYMON (O.Par.)	33.55	16	Vin	O'BRIEN (V.Vets)	39.31
2	Peter	DEVEREUX (Monash)	34.25	17	Alan	BURGOYNE (V.Vets)	39.38
3	Tom	HASSALL (Donc.)	34.47	18	Peter	COLTHUP (V.Vets)	39.45
4	Joe	CAMPISI (D.L.S)	34.57	19	Ray	CALLAGHAN (V.Vets)	40.40
5	Robin	YOUNG (Ivan.)	35.12	20	John	SMITH (V.Vets)	40.41
6	Rob	MEISELBACH (Glen.)	35.15	21	Alan	CLARKE (V.Vets)	41.23
7	Danny	REGAN (W.A.)	36.08	22	Hans	MEISELBACH (Glen.)	41.30
8	John	CLARKE (K-Cam.)	36.24	23	John	ZELENIKOW (Glen.)	41.42
9	Mike	HUBBERT (Rich.)	37.22	24	John	CURRAN (V.Vets)	41.45
10	Neville	BIRCH (Sand.)	37.40	25	Richard	DAVIS (Donc.)	43.30
11	Peter	RAMSAY (Donc.)	38.21	26	Ann	CALLAGHAN (V.Vets)	43.44
12	Joe	MOORE (D.L.S.)	38.38	27	Larry	FOLEY (V.Vets)	43.45
13	Lavinia	PETRIE (V.Vets)	38.40	28	Peggy	SMITH (V.Vets)	46.47
14	Trevor	ROBBINS (V.Vets)	38.42	29	Andy	SMITH (V.Vets)	47.41
15	Sam	HILDITCH (V.Vets)	39.22				

WORLD CROSS COUNTRY SUPPORTERS CLUB.

Co-Ordinators: Pat Clohessy - Frank Larkins.

Treasurer: Hugh Wilson

1	Chris	Mardlaw	21	Hugh	Wilson	41	Don	Elliott
2	Pat	Clohessy	22	Rod	Lyons	42	Doug	Ferrier
3	Frank	McMahon	23	Dick	Dowling	43	Runners World (Neil Ryan)	
4	Bruce	Shaw	24	Don	Shorland	44	John	Boas
5	Doug	Hands	25	Max	Little	45	Lee	Morrison
6	Frank	Larkins	26	John	Birmingham	46	Ken	Hall
7	Alan	McDonald	27	Graham	Kennedy	47	Brian	O'Shaughnessy
8	John	Landy	28	Norm	Osborne	48	Tim	O'Shaughnessy
9	Bob	Davis	29	Jim	Crawford	49	Paul	Jenes
10	Les	Perry	30	Kevin	Foley	50	Geoff	Thomas
11	Henri	Schubert	31	Eric	Coyle	51	Wally	Sheppard
12	Rick	Pannell	32	Arthur	Botterill	52	Jack	Ryan
13	Mike	O'Neill	33	Geoff	Nicholson	53	Matt	Ryan
14	Ron	Dewhurst	34	Ron	Clarke	54	Mark	Ryan
15	John	Sheehan	35	Marcus	Clarke	55	Pat	Hanly
16	Bruce	Jones	36	Mrs.	Hands	56	Don	Hanly
17	Ian	Jones	37	Jack	McGlone	57	Robert	De Castella
18	Eddie	Moore	38	Geoff	Walker	58	Matt	Szylit
19	Jack	Draper	39	Lindsay	Hollis	59	Graham	Kipp
20	Stanley	Spittle	40	David	Kitt			

FROM ATHENS - GREECE.

Frank Snorter

(From a letter sent by Frank to Colin Crawford)

Mr. President and members of the South Melbourne Athletic Club.

I hereby claim the Club Marathon Championship - European sub-section, 1976.

It was a hilly course, 22 degrees of heat - but mostly overcast.

I started slowly at the back of the 800 starters. Timed at 5km in 24 minutes. Then into the hills and mountains (rope and tackle not provided)

Passed 20 km in 1:32, then hold a steady pace to the crest of the hills which was at 20 miles. Then came a very rapid descent, downhill for all of the last 6 miles. Finished in 17th place in 3:10.25. The race was won in 2:35, 2nd was 2:40; and 3rd in 2:50. Of course I had plenty left at the finish? It was superbly organised, a most enjoyable run, and made for those seeking to enjoy running. What more can a bloke want? See you round the Lake.

## AUSTRALIAN RANKING LISTS. 1976/77. UP TO 31st OCTOBER, 1976.

100 METRES						3,000 METRES						
10.3	Paul	Narracott	Q	B	29/10	7:53.6	David	Fitzsimmons	S	No	12/7	
10.4	Colin	O'Sullivan	W	P	11/5	8:10.6	Chris	Wardlaw	V	M	10/4	
10.5	Don	Wright	Q	B	30/10	8:14.2	Ken	Hall	V	Sta	2/10	
10.6	Scott	Walker	N	P	11/5	8:16.4	Rod	Pitt	V	CP	18/8	
10.6	Peter	Fitzgerald	V	M	23/10	8:17.4	Bruce	Jones	V	CP	26/5	
10.7	Barry	Besanko	V	M	23/10	8:17.8	Gary	Zeuner	S	M	/4	
10.7	Fred	Lehmann	V	M	23/10	8:19.8	Max	Little	V	WL	4/8	
10.7	Graham	Tew	V	M	31/10	8:20.6	Bob	Welsh	V	M	10/4	
	Wind Assisted						2 MILES					
10.4	Fred	Lehmann	V	M	30/10	8:34.8	Chris	Wardlaw	V	M	3/7	
10.4	Peter	Fitzgerald	V	M	30/10	8:39.7	Ken	Hall	V	M	3/7	
10.5	Barry	Besanko	V	M	28/5	8:41.7	Steve	Austin	V	M	3/7	
10.5	Paul	Narracott	Q	B	2/10	8:48.6	Max	Little	V	Ed	6/8	
10.6	Richard	Mitchell	V	M	28/5	8:57.6	Bruce	Jones	V	Ga	28/5	
	200 METRES						5,000 METRES					
20.6	Paul	Narracott	Q	B	3/10	13:38.5	Chris	Wardlaw	V	Mo	14/7	
20.8	Peter	Fitzgerald	V	No	10/7	14:05.4	Bruce	Jones	V	Os	30/6	
21.2	Don	Wright	Q	B	3/10	14:06.2	David	Fitzsimmons	S	Van	5/8	
21.2	John	Dubliwicz	N	S	23/10	14:09.0	Brenton	Norman	S	Fu	13/6	
21.3	Barry	Besanko	V	S	20/6	14:13.4	David	Chettle	T	S	20/6	
21.4	Greg	Pickering	Q	B	3/10	14:28.2	John	Andrews	N	S	23/10	
21.5	Richard	Mitchell	V	Mo	14/7	14:32.0	Peter	Bromley	N	S	23/10	
21.5	Peter	Grant	V	Mo	14/7	14:36.0	Arthur	Botterill	V	P	13/5	
21.5	Brad	Ingram	N	S	23/10	14:36.6	Rod	Lyons	V	P	13/5	
21.6	Brett	Weinberg	V	S	20/6	14:36.6	Greg	Dunford	N	S	20/6	
21.6	Vin	Plant	V	S	23/10		10,000 METRES					
21.6	Peter	Hadfield	N	S	23/10	28:16.43	David	Fitzsimmons	S	Mo	23/7	
21.6	Peter	Besley	N	S	23/10	28:17.52	Chris	Wardlaw	V	Mo	23/7	
	Wind Assisted						29:22.23	Max	Little	V	St	9/8
20.6	Peter	Fitzgerald	V	M	3/7	29:28.0	Robert	De Castella	V	M	26/10	
21.0	Paul	Narracott	Q	B	2/10	30:11.0	Gary	Bentley	T	M	26/10	
21.1	Richard	Mitchell	V	M	28/5	30:11.6	Dennis	French	N	In	27/5	
21.5	Brad	Marshall	Q	B	2/10	30:51.8	Rod	Lyons	V	P	11/5	
	400 METRES						31:04.4	Geoff	Nicholson	V	P	11/5
45.40	Richard	Mitchell	V	Mo	29/7	31:10.0	Gerry	Sofianos	V	M	26/10	
47.03	Peter	Grant	V	Mo	26/7	31:12.0	Neil	McKern	V	M	26/10	
47.99	Steve	Gee	N	CP	13/8		MARATHON					
48.0	Chum	Darvall	N	S	30/10	2:17.05.0	Brenton	Norman	S	PC	3/4	
48.1	Neil	Mickleborough	T	P	11/5	2:17.33.0	Rob	Wallace	V	PC	3/4	
48.2	Don	Hanly	V	No	12/7	2:18.20.0	Dave	McInnes	N	Ha	23/10	
48.3	Brad	Marshall	Q	B	9/10	2:19.57.4	Jim	Langford	W	P	19/6	
48.3	Lindsay	Close	Q	B	9/10	2:20.30.0	Geoff	Nicholson	V	PC	3/4	
48.5	Scott	Walker	N	P	11/5	2:22.22.0	Eric	Sigmont	V	Ha	23/10	
48.5	Peter	Fitzgerald	V	M	23/10	2:22.39.0	David	Byrnes	V	Ha	23/10	
	800 METRES						2:23.28.0	Vic	Anderson	V	S	31/7
1:48.5	Alan	Gibson	V	CP	31/5	2:23.41.0	Rod	MacKinney	V	PC	3/4	
1:50.1	Graham	Crouch	V	Mo	14/7	2:23.56.8	Chris	Wardlaw	V	Mo	31/7	
1:51.0	Paul	McKnight	N	S	23/10	2:24.15.0	Gerard	Barrett	Q	Ca	27/6	
1:52.0	Scott	Beioley	N	S	23/10	2:25.23.0	Graham	Anderson	V	PC	3/4	
1:52.6	D	Guest	N	S	23/10	2:26.02.0	Phil	Hamer	V	Be	15/8	
1:52.6	Peter	Bourke	V	M	30/10	2:26.18.0	Dave	Gazley	V	Ha	23/10	
1:52.8	Chum	Darvall	N	S	23/10	2:26.43.0	Gerry	Sofianos	V	S	31/7	
	1,000 METRES						2:26.43.0	Bob	Squirrell	N	Ha	23/10
2:22.5	Graham	Crouch	V	S	20/6		110 METRES HURDLES					
2:29.1	Peter	Hutton	N	S	20/6	13.88	Warren	Parr	n	Mo	28/7	
2:30.6	Gary	Eaton	N	S	20/6	13.9	Max	Binnington	V	Mo	10/7	
	1,500 METRES						13.9	Vin	Plant	N	S	30/10
3:37.97	Graham	Crouch	V	Mo	29/7	14.3	John	Kenny	N	S	30/10	
3:39.98	Randall	Markey	T	Ph	5/6	15.0	Gary	Brown	Q	M	/4	
3:42.2	Ken	Hall	V	M	10/4	15.1	David	James	W	P	11/5	
3:44.77	Alan	Gibson	V	CP	26/5		400 METRES HURDLES					
3:45.0	Bruce	Petts	V	M	10/4	51.07	Peter	Grant	V	Mo	23/7	
3:49.4	Stephen	Foley	V	M	29/10	51.90	Don	Hanly	V	Mo	23/7	
	1 MILE						52.0	Neil	Mickleborough	T	M	/4
3:55.66	Graham	Crouch	V	St	9/8	54.2	Garry	Brown	Q	M	/4	
4:04.6	Peter	Larkins	V	Van	5/8		Adam	Pedler	S	P	13/5	

RANKING LISTS - CONTINUED

3,000 METRES STEEPLECHASE

8:45.2	Peter Larkins	V	CP	30/8	54.10
9:51.2	Rod Pitt	V	CP	13/8	46.22
9:09.8	John Marx	V	P	13/5	44.66
9:09.8	Steve Hausfeld	N	S	30/10	43.46
9:18.8	Bob Lange	S	P	13/5	

4 X 100 METRES RELAY

42.4	Xavier College	V	M	30/10	72.28
42.6	Sutherland	N	S	23/10	54.29
43.0	Brisbane H.S.	Q	B	30/10	51.26

4 X 400 METRES RELAY

3:05.75	National Team		Mo	30/7	65.04
3:20.4	Sydney Univ.	N	P	13/5	64.78

20 KILOMETRES WALK

1:29.12.0	Willi Sawall	V	M	3/7	60.66
1:30.31.0	Ross Haywood	V	M	3/4	
1:35.51.0	Tim Erickson	V	Od	11/9	
1:38.00.2	Robin Whyte	N	S	10/7	
1:38.31.0	Peter Vysma	V	M	/5	
1:39.29.0	Graham Dent	V	M	3/7	
1:41.51.0	Terry Jones	N	S	10/7	
1:42.13.0	Peter Bethune	V	M	3/7	
1:43.24.0	Tony Cavanagh	V	M	3/7	
1:43.46.0	Richard Keam	V	M	3/4	
1:43.49.0	Kevin Green	N	S	10/7	
1:44.05.0	John Tormey	Q	S	31/7	

50 KILOMETRES WALK

4:12.20.6	Willi Sawall	V	M	1/8	
4:20.23.0	Tim Erickson	V	Mal	18/9	
4:30.08.0	Robin Whyte	N	Mal	18/9	
4:36.21.0	Peter Vysma	V	M	1/8	

HIGH JUMP

2.00	Chris Weir	V	M	30/10	22.6
2.00	Colin Donald	V	M	31/10	22.91
1.99	John Hunter	V	M	30/10	23.3
1.97	Tim Price	W	P	23/10	23.3
1.95	Allan Powrie	N	P	13/5	23.3
1.95	John Knight	V	Sta	2/10	23.4
1.95	Stuart Cotton	V	M	23/10	23.6

POLE VAULT

5.51	Don Baird	V	SJ	1/5	23.7
5.00	Ray Boyd	V	Mo	24/7	23.7
4.50	Robert Huddle	V	M	/4	23.8
4.27	Pat Leane	V	M	/4	23.8
3.80	Peter Hadfield	N	S	23/10	51.44
3.80	P Carrero	N	S	23/10	51.71

LONG JUMP

7.46	Chris Commons	V	Mo	28/7	52.65
7.19	Lawrie Walkley	N	P	11/5	54.8
7.06	R Nilsson	Q	B	3/10	55.2
7.04	Grant Sargent	V	P	11/5	55.7
7.00	Gary Honey	V	M	9/10	
7.00	Peter Griffin	V	M	23/10	

Wind Assisted

7.41	David Commons	V	M	30/10	1:59.93
7.20	Don Commons	V	M	30/10	2:00.29

TRIPLE JUMP

16.09	Don Commons	V	Fu	13/6	2:05.30
15.23	Mick McGrath	N	S	23/10	2:14.8
14.91	Bohdan Babijczuk	V	M	/4	2:15.5
14.21	Clay Tompkins	N	S	23/10	
14.15	Craig Couper	V	M	23/10	
14.13	Lawrie Walkley	N	P	13/5	

SHOT PUT

14.93	Wayne Martin	N	S	23/10	13.68
14.28	Peter Taylor	N	S	23/10	14.2
14.10	Peter Milne	N	S	23/10	14.3
14.10	Bob Gardner	N	S	23/10	14.7

DISCUS THROW

Wayne Martin	N	S	23/10
Peter Hadfield	N	S	23/10
Milorad Bodiroza	N	S	23/10
Bob Gardner	N	S	23/10

HAMMER THROW

Peter Farmer	N	Fr	30/6
Milorad Bodiroza	N	S	10/10
Wal Jacenko	N	S	30/10

JAVELIN THROW

65.04	Greg Nicol	N	S	30/10
64.78	Mal Carrington	Q	B	29/10
62.82	Peter Keene	V	M	23/10
61.54	Ian Wilson	W	P	30/10
60.66	Peter Lawler	N	S	30/10

WOMEN 100 METRES

11.22	Raelene Boyle	V	Mo	25/7
11.47	Debbie Wells	N	Mo	24/7
11.50	Denise Robertson	Q	Mo	24/7
11.6	Sue Jowett	Q	M	/4
11.6	Barbara Wilson	Q	Mo	12/7
11.7	Gaye Dell	V	Mo	12/7
11.7	Leanne Evans	Q	B	30/10
11.8	Marion Fisher	V	M	30/10
11.9	Heather Wright	Q	P	11/5
11.9	Beth Nail	W	Mo	12/7

Wind Assisted

11.5	Denise Robertson	Q	M	3/7
11.7	Gaye Dell	V	M	3/7
11.8	Terri Wangman	V	M	3/7

200 METRES

22.6	Raelene Boyle	V	S	20/6
22.91	Denise Robertson	Q	Mo	28/7
23.3	Sue Jowett	Q	S	20/6
23.3	Beth Nail	W	S	20/6
23.3	Marion Fisher	V	M	30/10
23.4	Debbie Wells	N	S	20/6
23.6	Leanne Evans	Q	B	24/10
23.7	Barbara Wilson	Q	S	20/6
23.7	Chris Dale	V	M	30/10
23.8	Verna Burnard	S	Mo	14/7
23.8	Janine Faithfull	Q	B	24/10

400 METRES

51.44	Beth Nail	W	Mo	28/7
51.71	Verna Burnard	S	Mo	28/7
52.65	Judy Peckham	V	Mo	28/7
54.8	Raelene Boyle	V	P	11/5
55.2	Heather Wright	Q	P	11/5
55.7	Terri Wangman	V	S	20/6

800 METRES

1:59.93	Judy Pollock	V	Mo	24/7
2:00.29	Charlene Rendina	V	Mo	24/7
2:05.30	Phyllis Lazarakis	W	Ost	5/6
2:14.8	Julie Bradford	Q	B	30/10
2:15.5	Gayle Cochrane	V	M	30/10

1,500 METRES

4:14.22	Judy Pollock	V	Mo	28/7
4:41.1	Jenny Green	Q	B	30/10

3,000 Metres

9:58.0	A Lord	V	M	9/10
10:15.2	J. Windred	N	Au	5/9

110 METRES HURDLES

13.68	Gay Dell	V	Mo	28/7
14.2	Glynis Saunders	Q	B	23/10
14.3	Kym Moss	Q	B	30/10
14.7	Sally Hamilton	W	P	14/10
14.8	Helon Merriman	S	M	/4
14.9	Anne-Marie Lilburne	W	P	2/10

NEWS FROM A.C.T.

Brian Lenton

A group of eleven A.C.T. runners made a ten day intensive racing tour of Tasmania in September. Events were held at Swansea (5km road), Port Arthur (3km. road), Claremont (4.6km road), Hobart (16km road), Burnie (8.7km road) and Devonport (3km track). The top three athletes were Paul Rudkin, Steve Brown and Garry Lavers with Pat Fisher the most improved. The main purpose of the trip was to compete in the Noel Jago Memorial Race which alternates between Hobart and Canberra each year.

NOEL JAGO MEMORIAL 16km ROAD, QUEENS DOMAIN, HOBART. SUN. 5 SEPT.

Out and back.			Steady climb for 2 miles.		
1	Neil Gale	50.14 (25.12)	7	Gary Lavers	54.23 (27.40)
2	Kent Rayner	52.41 (26.38)	8	Richard Pickup	55.17 (27.40)
3	Paul Rudkin	53.06 (26.38)	9	Brian Lenton	55.32 (28.00)
4	Geoff Moore	53.33 (27.07)	10	Pat Fisher	55.53 (28.50)
5	Steve Brown	53.50 (27.07)	11	Leigh Twining	56.23 (28.00)
6	John Harding	54.10 (27.17)	12	Russel Foley	57.40 (28.45)

There were 24 finishers.

TEAMS SECTION: (8 to score)

1. A.C.T. 57 Points.      2. Tasmania 79 Points.

The outstanding performance by a Canberra athlete this season was Dave McInnes winning the Hamilton Marathon in 2:18.20 (69.10).

Dave splits were:- 5m. - 26.19; 10m. 52.29; 20m. 1:45.0.  
10km. 32.42; 20km. 65.30; 30km. 1:38.25.

Dave is now ranked No. 3 on the 1976 National Ranking List behind Brenton Norman (2:17.05) and R. Wallace (2:17.33).

DAVE McINNES - MARATHON HISTORY

1970	N.S.W. Marathon (Botany)	2:49.13	1976	San Diego (U.S.A.)	2:25.42
1971	Tyabb (Victoria)	2:31.08	1976	N.S.W. Marathon	D.N.F.
1975	Hamilton (New Zealand)	2:25.42			

Dave intends running in Fukuoka in December.

1976 RANKING LIST

A minimum of 10 runs is required to make the ranking list and the score shown is an average of the 10 best performances. In 1974 22 members had 10 or more runs and another 18 with 5 - 9 runs. This had increased to 27 and 25 respectively in 1975. In 1976 50 members were on the ranking list and another 23 had 5 - 9 performances. Listed below are the first 25:-

1	Dave McINNES	17 runs	99.3	14	Keith Bradley	27 runs	95.4
2	Steve Brown	38 runs	99.0	15	Brian Lenton	29 runs	95.4
3	Paul Rudkin	26 runs	97.9	16	John Gilbert	20 runs	94.9
4	Phil McGuinness	27 runs	97.7	17	Pat Fisher	19 runs	94.1
5	Geoff Moore	35 runs	97.6	18	Tom Gronert	24 runs	93.9
6	John Harding	21 runs	97.4	19	Mike Thomson	13 runs	93.6
7	Mike Kennedy	13 runs	97.4	20	Seb. Marcuccio	20 runs	91.4
8	Garry Lavers	18 runs	97.2	21	Bill Kirkland	21 runs	91.2
9	Dennis O'Brien	19 runs	97.2	22	Bob Taylor	13 runs	91.0
10	Terry Jorgensen	12 runs	97.0	23	Brian Cawley	13 runs	89.7
11	Dennis Smith	18 runs	96.2	24	John Fraser	18 runs	89.2
12	Gisbert Zwolen	27 runs	96.0	25	Mark Paine	20 runs	88.0
13	Dave Hobson	24 runs	95.6				

About 20 A.C.T. runners with their families (total party of 40) will be attending an "altitude" training weekend in the Snowy Mountains on 3rd - 5th December. In addition there is a 10km run on the Saturday, December 4th at 12 noon. (Thredbo 10'). The course is all bitumen from Thredbo Village (4600') to Dead Horse Gap (5200') and return. There is \$200 worth of merchandise awards in 8 individual and 3 team categories.

The main sponsor is Kosciusko Thredbo Pty., Ltd. and entries will be taken on the day from 11.00.a.m.

PROPOSED V.H.C. 1977 WINTER PROGRAMME

April	11 (Easter Monday)	16km	-	Princes Park
April	25 (Monday)	12km	-	"Fallen Comrades"
May	7	30km	-	Probably Tullamarine
May	21 or 28	15km	-	Albert Park
June	12 (Sunday)	Marathon	-	Dinner-Dance - Tyabb
July	16 or 23	20km	-	Venue to be fixed
September	3	30km	-	'King of the Mountains' - Point Leo.

NEWS FROM QUEENSLAND

From Paul Circosta

We are now into our track season which got under way yesterday with a fairly quiet opening. I do not know if you have heard that the Brisbane City Council has been trying to get 10 million each out of the Federal and State Governments to finance the 1982 Games. They have three plans to spend either 30, 20 or 10 million dollars all depending on how much support they can get. Naturally the Brisbane City Council would like to spend the 30 millions but so far the others have not made any firm commitments.

The Association has scheduled an international meet for late January and have invited a few top name international competitors. A similar event this year was fairly well attended by the public and hopefully, with more publicity it should be better this year.

I would like to have a look at Victorian style athletics in December on my way back from a visit to West Australia. Hopefully will pop in to say hullo.

ANNUAL 14 MILES BINNA BURRA'S TO O'REILLY'S RACE. 26/9/76. Wet and slippery.

1	Gerrard	BARRETT	(Twg)	83.38	9	Peter	GLOVER	(Univ.)	104.02
2	Richard	BOURNE	(S.S.)	85.28.2	10	Brian	BIDDLE	(Nun.)	104.03
3	Bruce	COOK	(Nun.)	87.46.6	11	B	WARD	(Univ.)	104.42
4	Joe	PATTERSON	(G.C.)	89.25	12	Ian	DUNN	(U.M.C)	109.44
5	Don	GRAY	(Nun.)	91.44	13	Rpger	BOURNE	(S.S.)	109.46
6	Frank	MALONEY	(Univ.)	95.09	14	Peter	KNIGHT	(S.S.)	109.46
7	Des	RICHARDS	(Univ.)	101.16	15	B	Zimmer	(Univ.)	112.36
8	Dave	Keyes	(Univ.)	101.30					

OPEN CROSS COUNTRY CHAMPIONSHIP OF QUEENSLAND. 12Km. PULLENVALE. 14/8/76.

1	Mick	PULLINGER	(Nun.)	41.20	19	Phil	McLURE	(CAB)	47.11
2	Wayne	JARRETT	(Twg.)	41.55	20	Mick	CARTER	(A.R.)	47.16
3	Andrew	HINDWOOD	(Nun.)	41.59	21	Don	STAPLETON	(A.R.)	48.00
4	Mick	LITTLE	(Rand.Bot.)	42.10	22	Graham	RAYMER	(S.S.)	48.01
5	Richard	BOURNE	(S.S.)	42.42	23	Jim	DAVIDSON	(MIT.)	48.16
6	George	FEWTRELL	(Nun.)	42.52	24	J	McVVEIGH	(Bund.)	48.21
7	Rob	STONES	(Twg.)	43.09	25	Phil	ANSON	(Inala)	48.21
8	Peter	REEVES	(Univ.)	43.18	26	Ern	SMITH	(M.G.)	48.40
9	Stuart	PROCTOR	(M.G.)	43.51	27	Ron	BYERS	(A.R.)	48.42
10	Don	GRAY	(N.Un.)	44.02	28	Bill	GRADY	(Nun.)	49.18
11	Dennis	FERRIS	(A.R.)	44.23	29	Roy	STUBBS	(M.G.)	49.25
12	Steve	COLBOURNE	(T.M.C)	44.30	30	Peter	GLOSTER	(Univ.)	50.11
13	Peter	COMMONS	(Univ.)	45.05	31	Brian	BIDDLE	(Nun.)	50.25
14	Graham	BARRALET	(A.R.)	45.13	32	Paul	BRENNAN	(Nun.)	51.14
15	Barry	STEPHAN	(Univ.)	45.27	33	Dick	FREELAND	(Glen.)	52.08
16	Peter	FLYNN	(S.S.)	45.31	34	Eric	BROWN	(Bund.)	52.23
17	Frank	BUCKLEY	(M.G.)	46.17	35	K	ESMORE	(Glen.)	53.29
18	Graham	WHITING	(M.H.)	46.38	36	H	PROCTOR	(M.G.)	57.49

TEAMS: 1 NUNDAH; 2 ASHGROVE RANGERS; 3 MOUNT GRAVATT

FROM THE COMMITTEE TABLES: IMPORTANT DATES:-

PACIFIC CONFERENCE GAMES - Selection Trials - October 29 and 30 - Canberra

TRACK & FIELD WORLD CUP - September 3 and 4 - Dusseldorf, West Germany.

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS - September 2nd, 1978 - New South Wales.

Reminder for intending competitors and visitors to 1977 Track & Field Championships. Hobart on March 11th, 12th & 13th. Open Standards are: 1:51.0; 14:25; and 30:30 for 800-5000-10,000. For Juniors: 1:55 for 800m and 6:20 for 2,000m Steeplechase.

The controversial Registration Numbers saga is still being played out. It should not have been allowed to develop to the stage where a good deal of ill-feeling is resulting from a lack of understanding. To end this ill-feeling and the practice of no real benefit to athletics Fred Lester's motion is to be decided at next VAAA Council Meeting. It reads - "Financial members of the VAAA shall be registered in numerical order as received from 1st April each year and a card shall be issued to be held by the member as proof of his membership. A complete list of members and their numbers as issued shall be kept by the Secretary, or a person specially designated, of each club of the VAAA and be available for inspection at competitions in which the club is involved. No other means of proof of registration shall be required."

It was stated at Council that a sum of \$1200 was involved in present numbers issuing system. Advertising had aroused some ill-feeling in a section of the VAAA, and numbers obliterated part of club monograms. Attaching and detaching numbers from uniforms caused damage to uniforms, particularly by those belonging to more than one club. The registration card system had good results in the U.S.A., East and West Germany, Finland, USSR and other major countries with medallists at the Olympic Games. Registration numbers were not to be confused with special meetings numbers which made for easier identification.



LASSE VIREN - FINLAND'S DOUBLE GOLD MEDALLIST - MUNICH, 1972 and MONTREAL, 1976

"THE GOLDEN SECONDS" - Extracts from the Book - A Short summary of his career.

Lasse Viren was born on July 22nd, 1948. The first Finnish Gold Medal winner since the Second World War. He is 190cm tall and weighs 61kg.

His first sporting success came at the age of six when he finished fourth in a 3000 metres cross country skiing event for under nine year olds at the local sporting club. Skiing occupied most of Viren's younger sporting days. He was a regular competitor and reached 25 metres in the ski jump.

At the age of 14, Viren, after some appearances in cross country races, clocked 3.14 for the 1000 metres, covered 100 metres in 15.1 secs and reached 3.92m in the long jump. Next season, the year of the Tokyo Olympics, he broke through the three minute barrier for the 1000 metres, finishing the distance in 2:57.2s.

After some unspectacular progress, including a 9:33.8s. 3000 metres at the age of 17, Viren's first major breakthrough on the track came in 1965. He covered 3000 metres in 8m. 43.8s. and was included in the national junior team to contest the match against Estonia, where he finished fourth in 8:59.8s. However, his more serious training paid dividends towards the end of the season in 8m. 32.9s. 3000 metres and 14m. 59.4s. 5000 metres performances.

After a short standstill during Army service Viren scored his second breakthrough, when in 1969 he set a new Finnish junior 3000 metres mark in 8:13.8s., and a little later scored overwhelmingly in the national championships 5000 metres with another junior record in 14:09.4. Towards the tail end of the season he narrowly lost to Juna Vaatainen, improving his 5000 metres time to 13:55.0 for a new Scandinavian junior mark. The performances impressed Finnish athletic authorities sufficiently to award Viren a trip to the European Championships in Athens as an observer.

Following a short stay at Brigham Young University in United States Viren began his preparations for the next European Championships in 1970 with a 13:43.0 5000 metres to his credit. He soon reduced it to a national record clocking 13:35.2 behind Bedford and Korica in Rome, and in June produced a 28:16.8. 10,000 metres, again narrowly defeated by Konca. Personal best 7:40.0 3000 metres and 3:46.3 1500 metres followed, but at the European Championships Viren finished 17th in the 10,000 metres despite a solid 28:33.2; and 7th in the 5000 metres final.

Nevertheless he finished the season by winning back the national 5000 metres record from Juna Vaatainen in 13:29.8. to become Finland's first sub 13.30 runner, and then began his preparations for the Munich Games. The rest, including Viren's burst to the top of the distance elite just before the Olympics is fresh in everybody's mind.

The Chapter "Viren on Training" from the book "The Golden Seconds"

At the age of 16 I knew little about distance running training methods. I guess I was lucky because it was the time when interval training was still dominating in Finland. At this stage I had no heroes among runners as everybody was talking about pole vaulting and Pentti Nikula. I also had no coach and instinctively began running relatively long distances of 10 to 15 kilometres in my training.

Although I knew that distance running was going to be my event my training was not consistent and a lot of time was spent in skiing. It was not until 1967 that I began to keep a training diary, recording my mileage and training methods. This particular year I failed to reach 2000 kilometres which means an average of less than 6 kilometres a day.

During my short stay in the United States I was forced to follow the old fashioned interval training which I disliked. Running long stretches was extremely difficult on asphalt and bitumen roads. There were beautiful golf courses making excellent 10 kilometres circuits, but these were on private property and out of bounds to us. Although our coach was a convinced interval training supporter, I tried to get out of long runs as often as possible. Unfortunately the mixed training system I was forced to follow and the hard American roads did little to improve my form. My training until I returned from the United States can only be described as "home made". Although I had several coaches most of my work was based on my own common sense. I am not blaming any coaches as I learnt something from them all. However, on my return from America I felt that needed assistance for planning my training and contacted Haikkola. It was too late in the season to make any drastic changes and Haikkola's first advice at this stage was to reduce running speed in training. He also corrected the position of my hips as I was running with a forward lean and lost some of the effectiveness of the drive.

Haikkola on Training. Famous Hungarian coach Michaly Igloi visited Finland in 1962. I followed his interval training methods next Winter but after a while became convinced that the choice was not satisfactory. Some athletes made improvements but the results were nowhere near our expectations.

We returned to long training stretches with a maximum load of close to 1000 kilometres a month.

It can be said that the mileage has been increased since and with it have come improved performances. This in general is correct. We use a combined method based on the principles of Arthur Lydiard, Michaly, Igloi, Percy Cerutti and Paavo Nurmi. The development of aerobic capacity is borrowed from Lydiard's marathon training. From Igloi we have taken the series of 50 metres sprints followed by 50 metres recoveries over 2000 and 5000 metres depending on the requirements. From Cerutti we have borrowed uphill running and training three times a day. The latter is used mainly in training camps and on other occasions whenever time is available. From Nurmi we have copied long steady runs at faster than marathon speeds and surges. His walking has been eliminated because of the time factor and virtually no training effect on the heart.

The most important changes have taken place in training during the competitive season. Now we have the courage to run slowly even in the Summer. There are some conflicting opinions about it but we use often 60 to 90 min. slow cross-country runs at steady speed. This means slow for top class athletes as average performers would find it difficult to keep up with the pace. What I would like to say is that the athlete should not get over tired. Instead of exhausting himself with high speed interval repetitions he runs comfortably to save energy.

I am not very familiar with Lydiard's Summer training methods as I have only heard him once when he explained his principles in general. On this occasion Lydiard concentrated on his hopping uphill runs which we don't use because they place too much strain on Achilles tendons. From his books it appears that his Summer Training consists of an easy load with only a limited amount of fast work. His tests of form and time trials are in Finland replaced by competitions.

It must be kept constantly in mind that coaching requires an individual approach. This is important even when running in groups over long distances. Every athlete is different and it will take a long time before they can work more or less on similar lines. This applies particularly to accelerations and recoveries.

In the early 1960's standards in distance running were poor in Finland. We were looking for new and better methods but many attempts proved unsuccessful. One of the reasons was that no financial assistance for training was available. It can be said without hesitation that top performances depend heavily on how much time can be sacrificed for training. An athlete, who, besides training and resting, has to work every day all-year-round will never reach the top. This is why training stipends are so important today.

Haikkola on Viren's Training. We started making long range training plans with the European Championships in mind late in 1970. Technically there were only small adjustments required to improve Viren's running action. He had too much forward lean which left his centre of gravity far behind. This needed correction by inventing exercises to stress the forward position of the hips. We used downhill and uphill runs but the latter has to be performed under the coach's supervision, it can otherwise increase the forward lean even further.

We worked out the training programme together as Viren would not accept a go out and follow the plan approach. He wanted to know the aim of each activity and was entitled to detailed explanations. Any addition and changes to the programme needed his approval and assurance that he was capable of following the tasks. The main problems in finalising the plan depended largely upon how much the load can be expected to be increased and on how much time is available for training. After we agreed on these points, progression was worked out for monthly, weekly and finally daily workouts. This set a firm task which needed slight alterations only when the dates of some important races happened to be changed.

It is generally vital that no major changes are made to the established training programme. The athlete can lose his confidence and the coach will find it difficult to make adjustments. The question of how to make up lost ground is complicated if the training programme is solid and there is no opportunity to add to the already existing workload. To ease up could mean loss of form. Nobody criticises an athlete who is at his best at the right time. However, what happens if he is not? For all the mentioned reasons it is virtually impossible for a coach to look after several athletes especially when wants to guide them with precision as was the case with Viren.

Viren's Olympic preparations went virtually uninterrupted. He suffered from no injuries and could follow the training as planned. There were some minor gaps caused by travels but these were rare. It was an exceptional situation, as I don't remember another athlete who has been able to follow his training plan so consistently. I have always said that if I could coach an athlete who does not suffer from injuries or illness, he is certain to reach top form. (Continued next edition)

VMC 12,000 METRES - TWO BRIDGES COURSE. WEATHER - Cool to mild, humid.

59 starters - 52 finished.

Pl.	Name	Act. Time	Hand.	Hand. Pl.	Pl.	Name	Act. Time	Hand.	Hand. Pl.
1	Max LITTLE	37.25	0.00	E 20	27	Les MOLLARD	44.17	6.30	24
2	Phil HAMER	37.49	0.43	17	28	Terry DAVIS	44.19	3.44	37
3	Dave BYRNES	38.12	3.28	3	29	Rob FALLOON	44.58	4.28	36
4	Rob WALLACE	38.23	2.15	9	30	Geoff HALL	45.15	----	---
5	Vic ANDERSON	38.53	1.28	E 20	31	Gerry RILEY	45.16	7.18	28 V
6	Gary BENTLEY	39.06	----	---	32	Lindsay BEATON	45.17	6.20	32
7	Terry PHELAN	40.12	----	---	33	Allan LUCAS	45.54	----	---
8	Mike HALVERSON	40.28	----	---	34	Keith McINTOSH	45.56	7.59	27
9	Tony TRENKNER(1J)	40.36	1.13	E 33	35	Peter BEGGS	46.03	9.57	8
10	Norm DUFF	41.04	4.11 V	15	36	Ralph LEVY	46.06	----	---
11	Peter BETHERAS	41.08	2.38	30	37	Mike HENNESSY	46.11	----	---
12	Dennis ANDREW	41.12	3.20	26	38	Neville FARMER	46.29	----	---
13	John STAFFORD	41.28	3.44	25	39	Harry SUMMERS	46.50	----	--- V
14	Rob MANDILE	41.39	4.37	16	40	Fred McINTOSH	47.08	9.51	18
15	Terry COLLIE	41.42	2.07	35	41	John VISSER	47.33	9.13	29 V
16	Ian RANDS	41.53	6.00	7	42	Tom DAVISON	47.59	11.07	14 V
17	Jim CRAWFORD	42.25	5.50 V	11	43	Col CRAWFORD	49.54	13.11	13 V
18	Geoff O'BRIEN	42.30	6.19	10	44	Rob LISTER	50.06	12.45	19
19	John CONNELLAN	42.52	----	---	45	John ZELEZNIKOW	50.17	16.37	1
20	Terry McCARTHY	42.58	----	---	46	Peter COLTHUP	50.56	9.35	39 V
21	Jim CASEY	43.02	7.48	4	47	Norm McLEISH	51.12	15.25	6 V
22	Bob MACARTNEY	43.08	----	---	48	Alan FAIRBANKS	51.26	13.50	23
23	Ross SHILSTON	43.32	2.30	38	49	Peter BATTRICK	52.02	15.25	12
24	Gerry HART	43.42	4.19	E 33	50	Greg MANDILE	52.33	----	---
25	John MacDUNNELL	43.43	7.59 1V	5	51	Richard Davis	52.59	18.39	2
26	Arthur KINGSLAND	44.14	5.31	31	52	Frank BONECKER	56.06	18.39	22

V.M.C. LAUREL WREATH BPARD



Les PERRY	8/9/56	2:29.08	John BERNINGHAM	25/ 7/70	2:29.10
Tony COOK	14/10/61	2:28.51	Paul O'HARE	22/ 8/70	2:29.19
Norm DUFF	14/10/61	2:29.35	Barry BROOKS	26/ 9/70	2:26.21
Tom KELLY	31/ 7/61	2:29.45	Terry HARRISON	26/ 9/70	2:28.09
Dean THACKERAY	30/ 6/62	2:27.37	Richard JEFFREY	26/ 9/70	2:28.38
Rod BONELLA	30/ 6/62	2:29.22	Rod MACKINNEY	26/ 6/71	2:26.50
Ron CLARKE	27/ 7/63	2:24.38	Andy BOYCHUK	31/ 7/71	2:18.34
John COYLE	6/ 6/64	2:26.05	John STANLEY	25/ 9/71	2:24.56
Morris AARBO	6/ 6/64	2:28.03	Kevin ROCK	25/ 9/71	2:29.06
Henk VAN WIJNGAARDEN	6/ 6/64	2:28.25	Phil LEAR	11/ 6/72	2:28.38
Ian BLACKWOOD	6/ 6/64	2:29.43	Arch SANSONETTI	19/ 8/72	2:22.21
Fred HOWE	24/ 7/65	2:22.18	Ross HAYWOOD	19/ 8/72	2:27.05
Pat CLOHESSY	24/ 7/65	2:22.32	John HARTY	2/ 6/73	2:27.17
Ban MACKIE	24/ 7/65	2:23.55	Bob GUTHRIE	17/ 6/73	2:28.05
Colin EATON	24/ 7/65	2:29.53	Chas MACAULEY	14/ 7/73	2:25.46
Derek CLAYTON	2/10/65	2:22.12	David GAZLEY	14/ 7/73	2:28.24
Geoff WALKER	2/10/65	2:28.55	Gerry SOFIANOS	18/ 8/73	2:29.12
Neil RYAN	28/ 8/66	2:28.10	Bob RAYHEN	11/ 8/73	2:24.15
Rob WARD	23/ 7/66	2:29.47	Graham ANDERSON	10/ 8/74	2:22.40
Barry TREGENZA	21/ 5/66	2:29.35	Frank LARKINS	10/ 8/74	2:25.05
Gordon NOBLE	8/10/66	2:24.59	Andy HILL	1/ 6/75	2:26.15
Barry SAWYER	27/ 5/67	2:25.16	Chris WARDLAW	28/ 6/75	2:21.42
George CLAXTON	27/ 5/67	2:25.28	Graham MILNE	28/ 6/75	2:24.54
Ray SOLOMON	27/ 5/67	2:25.53	Peter HANNAFORD	28/ 6/75	2:26.04
Wallace ROBINSON	12/ 8/67	2:25.44	David MARDURG	28/ 6/75	2:28.37
Ray WHITE	12/ 8/67	2:26.44	Gerry Van Der PLOEG	28/ 6/75	2:29.31
Ian WHEELER	27/ 7/68	2:24.00	Graham KIPP	28/ 6/75	2:29.32
Peter HANNAFORD		2:28.20	Vic ANDERSON	9/ 8/75	2:24.29
Terry PHELAN	27/ 7/68	2:24.39	Dave EDWARDS	9/ 8/75	2:26.15
Peter BRUCE	27/7/ 68	2:28.13	Robbie WALLACE	3/ 4/76	2:17.33
Ian LEEDER	26/ 7/69	2:26.38	Geoff NICHOLSON	3/ 4/76	2:20.30
Barry CROCKER	26/ 7/69	2:27.36	Eric SIGMONT	23/10/76	2:22.22
Kevin FALLOON	20/ 9/69	2:29.53	Dave BYRNES	23/10/76	2:22.39
Trevor VINCENT	25/ 7/70	2:28.50	Silvio RADOSLOVIC	23/10/76	2:28.42

WHAT DO YOU MAKE OF IT ? ODDS AND ENDS FROM RANDOM THOUGHTS. By Fred Lester.

I wonder how many people - and that includes sportspeople and journalists - read the reported remarks made by Harry Gordon during a memorial lecture on journalism at Melbourne University. Some of us remember with some warmth the above average reporting in the field of sport by Harry in the period before, during and after the 1956 Olympics and while it meant advancement for Harry, we felt losers when he switched his activities. Some quotes of his address (Age Report, 11/11/76):-

"If newspapers were turning people off ..../.. change was undoubtedly the biggest story in today's world, to some degree because society at large was turning them off, newspapers had to question whether they were covering it adequately ..../.. in a society where all of yesterday's values were being challenged many newspaper people still tended to define news according to the old 'man-bites-dog' formula - ..../.. I simply believe that there is a need for some self-examination inside newspapers..."  
(Editor's comment - "And the same goes for inside sport! )

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One of the greatest ways to waste people's time, and make meetings a dreary chore instead of means to clear the way for action, is to get up without prior thought and move a motion in the vaguest of terms, altering it as we drone on and leave a heap of confusion for someone else to sort out. Often, these getters-uppers have no intention of carrying out any responsibility anyway. There is no doubt our work would flow more smoothly if we prepare our facts and figures beforehand, preferably putting into writing that we intend should be done, thereby eliminating confusion and guesswork and so make use of the maximum time we need to spend before making decisions.

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The abandonment of the New Zealand Games which had appeared such a promising step forward in top competition within our region is sad news. It is an unfortunate fact that vast distances and high cost of fares make the cost of international ventures an almost unsurmountable obstacle for amateur sport. Without a realistic approach on this matter by the governments concerned, including guarantees against loss or simply underwriting events of national and international significance, the position is going to deteriorate further. The thing that bothers a lot of athletes is the inability, or unwillingness on the part of the people in the higher councils of our sport to take this matter up in a serious and determined fashion. They should tell governments exactly what we feel and what are the things that need to be done and that governments have a very real responsibility to support and foster participation in sport. Passing resolutions such as the selection procedures report is just another exercise in futility, a lot of work for nothing, unless it is accompanied by firm action. Nothing happened after the 1972 post-mortem to change procedures then, there are no grounds to make us think that the 1976 post-mortem will change anything, unless we get rid of the dead wood which is obstructing any new growth.

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Progress is being made on closer co-operation between the men's and women's associations with national competition scheduled to use the same venues. It has been the experience of the VMC that common participation works very well indeed, and what is more, it makes for greater participation as whole families are becoming involved. We are quite convinced that at a local level it can be worked out and even now covering the next winter season for a start. We invite comments on the programme lined out in this issue and welcome suggestions for women's events in our road runs.

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The Council of the VAAA has voted support for the dropping of the clause in regard to Medical Certificates for Marathons and 50km Walks, as proposed by the IAAF. At the same time a motion is going forward to the AAU to include a rule, specifying that no Medical Certificates are required by any competitor, irrespective of what may happen at the IAAF meeting. Support was also given to the proposal by the IAAF in regard to the long distance events that refreshments shall be provided at 5km or 3 Miles and every 5km or 3 Miles thereafter.

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FROM THE VAAA COUNCIL -

The Report of the Special Committee convened to make a review of selection procedures for future Olympic and International Games was tabled and passed on with virtually no discussion for consideration by the A.A.U. of A at its meeting in next March in Hobart on the occasion of the Australian Track and Field Championships.